

# Société Alzheimer Society

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

## Health & Wellness Program Calendar October - December 2025

Group name:	Description
<b>Brain &amp; Body Works</b>	<b>For:</b> Older Adults <b>Description:</b> Join us for one hour of seated exercise plus one hour of socially and mentally stimulating activities.
<b>Minds in Motion</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia and their Care Partners <b>Description:</b> Community-based social program that incorporates physical and mental stimulation
<b>Mind Frame</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia and their Care Partners <b>Description:</b> This social and cognitive program will exercise your mind through games, activities and good conversations.
<b>Online Social Club</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia <b>Description:</b> Connect and share with others in a comfortable environment. Care partners are always welcome!
<b>Silver Sneakers Walking Club</b>	<b>For:</b> Persons Living with Dementia and their Care Partners <b>Description:</b> Weekly walking sessions at a picturesque park (weather permitting). Walkers can take laps around the paved path or enjoy the shade at the picnic tables in the pavilions.
<b>Social Cafe</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia and their Care Partners <b>Description:</b> Connect with others and engage in activities designed to promote social, cognitive or physical health. This program is designed to be led by the participants.
<b>The Social</b>	<b>For:</b> Persons Living with Early to Mid-stage Dementia and their Care Partners <b>Description:</b> Coming soon! More information to be released in October 2025.

**FOR MORE INFORMATION AND TO REGISTER FOR A PROGRAM:**



1-800-565-4614



[help@alzda.ca](mailto:help@alzda.ca)



[www.alzda.ca](http://www.alzda.ca)

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*(please note: our offices are closed on October 13<sup>th</sup>, November 11<sup>th</sup>, December 25<sup>th</sup> & December 26<sup>th</sup>)*

### **Online Groups- Zoom** (open for all areas)

<b>Group</b>	<b>Who is this for?</b>	<b>Day</b>	<b>Dates</b>	<b>Time</b>	<b>To Register</b>
<b>Online Social Club</b>	For persons living with early to mid-stage dementia who want to connect, have fun and share.	Wednesdays	October 1 <sup>st</sup> – December 17 <sup>th</sup>	11:00am - noon	 Laurie 1-800-565-4614 ext. 401

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### **BRANTFORD**

Group	Location	Day	Dates	Time	To Register
<b>Social Café</b>	Brantford Public Library (173 Colborne St.)	Wednesdays	October 1 <sup>st</sup> – December 17 <sup>th</sup>	2:00 pm – 3:30pm	☎ Laurie 1-800-565-4614 ext. 401
<b>Minds in Motion</b>	Brantwood (25 Bell Lane, Suite 100)	Mondays & Thursdays	November 3 <sup>rd</sup> – December 22 <sup>nd</sup>	12:30pm - 2:00pm	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Brantwood (25 Bell Lane, Suite 100)	Mondays & Fridays	November 3 <sup>rd</sup> – December 22 <sup>nd</sup>	Mondays: 2:30pm – 4:00pm  Fridays: 12:30pm - 2:00pm	☎ Sherri 1-800-565-4614 ext. 102

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### **HALDIMAND & NORFOLK**

Group	Location	Day	Dates	Time	To Register
<b>Social Caf� - Norfolk</b>	Hazel Place – (645 Norfolk St. N., Simcoe)	Fridays	October 3 <sup>rd</sup> – December 19 <sup>th</sup>	11:00am – 12:30pm	☎Laurie 1-800-565-4614 ext. 401
<b>Minds in Motion</b>	Cayuga Memorial Arena (55 Thornburn St. S., Cayuga)	Wednesdays	October 29 <sup>th</sup> – December 17 <sup>th</sup>	10:30am- noon	☎Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Colborne Village United Church (30 Glendale Cres., Simcoe)	Mondays and Fridays	September 29 <sup>th</sup> – November 21 <sup>st</sup>	10:00am- 11:30am	☎Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Hagersville United Church (32 Church St., Hagersville)	Mondays and Fridays	September 8 <sup>th</sup> – October 31 <sup>st</sup>	1:00pm – 2:30pm	☎Sherri 1-800-565-4614 ext. 102

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### **HAMILTON**

<b>Group</b>	<b>Location</b>	<b>Day</b>	<b>Dates</b>	<b>Time</b>	<b>To Register</b>
<b>Social Cafe</b>	Eva Rothwell Center (460 Wentworth St N)	Tuesdays	October 7 – December 16	10:30am – 12:00pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Silver Sneakers Hamilton</b>	Gage Park (42 Lawrence Rd)	Fridays	October 10 – October 31	10:00am – 11:30am	☎ Andrew 1-800-565-4614 ext. 225
<b>Brain and Bodyworks</b>	CityHousing Hamilton (181 Main Street W)	Fridays	October 17 – December 19	1:30 pm – 3:30 pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Social Cafe Hamilton</b>	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	October 1 - December 17	10:00am- 11:30am	☎ Andrew 1-800-565-4614 ext. 225
<b>Mind Frame</b>	ASBHNHH Hamilton Office (550 Fennell Ave, E)	Wednesdays	October 1 – December 17	1:30pm- 3:00pm	☎ Andrew 1-800-565-4614 ext. 225
<b>Minds in Motions</b>	Hill Park Recreation Centre (305 South Bend Road, E)	Tuesdays		10:30am – 12:00pm	☎ Sherri 1-800-565-4614 ext. 102
<b>Minds in Motion</b>	Hill Park Recreation Centre (305 South Bend Road, E)	Thursdays		10:30am - 12:00pm	☎ Sherri 1-800-565-4614 ext. 102

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### **HALTON**

<b>Group</b>	<b>Location</b>	<b>Day</b>	<b>Dates</b>	<b>Time</b>	<b>To Register</b>
<b>Social Cafe Burlington</b>	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	October 6 – December 15	10:30am- noon	☎ Syed/Kate 1-800-565-4614 ext. 315
<b>Social Cafe Burlington</b>	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Mondays	October 6 – December 15	1:30pm- 3:00pm	☎ Syed/Kate 1-800-565-4614 ext. 315
<b>Social Caf�� Burlington</b>	ASBHNHH Burlington Office (4391 Harvester Rd, Unit 8)	Thursdays	October 9 – December 18	10:30am- 12:00pm	☎ Syed/Kate 1-800-565-4614 ext. 315
<b>Social Cafe Milton</b>	Grace Anglican Church (317 Main St E., Milton)	Thursdays	October , November , December	2:00pm – 3:30pm	☎ Syed/Kate 1-800-565-4614 ext. 315
<b>Social Cafe Burlington</b>	Burlington Lions Club (471 Pearl St., Burlington)	Fridays	October 3 – December 19	10:30am- noon	☎ Syed/Kate 1-800-565-4614 ext. 315
<b>The Social - Oakville</b>	Coming soon! More information to be released in October 2025.				
<b>The Social - Georgetown</b>	Coming soon! More information to be released in October 2025.				
<b>Minds in Motion</b>	Compass Point Bible Church (1500 Kerns Rd, Burlington)	Tuesdays		11:00am- 12:30pm	☎ Sherri 1-800-565-4614 ext. 102